



www.myschoolapps.com

Free & Reduced Price Meals Program

APPLY ONLINE TODAY!



International School of Louisiana
August 2018

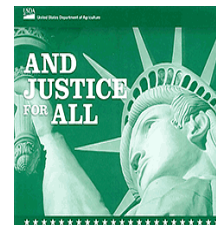
Daily Meal Prices

BREAKFAST	LUNCH
\$1.50	\$2.75
Reduced Price	
\$0.30	\$0.40
*only those students who have qualified for Federal Free/Reduced Meals Program are eligible for reduced price meals.	

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
		15 <u>BREAKFAST</u> Assorted Cereal, Graham Crackers, Fruit/Juice <u>LUNCH</u> Baked Chicken Garlic Potatoes Steamed Broccoli Strawberry Cup WG Roll Potatoes Au Gratin	16 <u>BREAKFAST</u> Cinnamon Bagel, Yogurt, Fruit/Juice <u>LUNCH</u> Great Northern Beans w/ Ham Brown Rice Cornbread Spinach Salad Applesauce Great Northern Beans	17 <u>BREAKFAST</u> Sausage Biscuit, Fruit/Juice <u>LUNCH</u> Sausage Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit Cheese Pizza	
20 <u>BREAKFAST</u> Blueberry Muffin, Fruit/Juice <u>LUNCH</u> Chicken Nuggets Mashed Potatoes Green Beans Mixed Fruit Cup Vegetable Wrap	21 <u>BREAKFAST</u> Fruit & Yogurt Parfait, Cinnamon Raisin Toast, Juice <u>LUNCH – Taco Tuesday</u> Taco Salad Refried Beans Shredded lettuce Fresh Fruit, Salsa Refried Bean Taco Salad	22 <u>BREAKFAST</u> Assorted Cereal, Graham Crackers, Fruit, Juice <u>LUNCH</u> Chicken & Sausage Gumbo Grilled Cheese Sandwich Fresh Garden Salad Fresh Fruit Salad Hearty Vegetable Soup	23 <u>BREAKFAST</u> Sausage English Muffin, Fruit/Juice <u>LUNCH</u> Italian Rotini Casserole Steamed Mixed Vegetables Fresh Caesar Salad Sliced Pears, Garlic Bread Rotini & Marinara Sauce	24 <u>BREAKFAST</u> Pancakes, Sausage, Fruit/Juice <u>LUNCH</u> Hamburger WG Bun Sweet Potato Fries Lettuce/Pickles Orange Wedges Garden Burger	Available Daily with all meals: Lowfat and Fat Free unflavored milk Fat Free flavored milk
27 <u>BREAKFAST</u> Cereal, Fruit/Juice, Milk <u>LUNCH</u> Homemade Red Beans w/ Ham Brown Rice Crisp Cucumber/Tomato Salad Chilled Mixed Fruit Cornbread Homemade Red Beans & Rice	28 <u>BREAKFAST</u> Egg & Cheese Wrap, Fruit/Juice <u>LUNCH</u> Deli Sandwich Lettuce/Tomatoes/Pickles Fresh Orange & Apple Wedges Baked Assorted Chips Grilled Cheese Sandwich	29 <u>BREAKFAST</u> French Toast Sticks, Eggs, Fruit/Juice <u>LUNCH</u> Salisbury Steak Parsley Buttered New Potatoes Steamed Broccoli Chilled Applesauce WG Roll Parsley Buttered New Potatoes	30 <u>BREAKFAST</u> Hashbrown, Sausage, Toast, Fruit/Juice <u>LUNCH</u> Spaghetti & Meatsauce Steamed Green Peas Caesar Salad, Sliced Peaches Garlic Bread Spaghetti & Marinara Sauce	31 <u>BREAKFAST</u> Grits, Sausage, Fruit, Juice <u>LUNCH</u> Pepperoni Pizza Steamed Whole Kernel Corn Fresh Garden Salad Fresh Fruit Cheese Pizza	<div style="border: 1px solid black; border-radius: 15px; padding: 5px; background-color: #0056b3; color: white; text-align: center;"> Want More Information? </div> <p style="text-align: center;">Contact the Food Services Office at (504) 444-2696 mboudreaux@isl-edu.org</p>

MY SCHOOL BUCKS www.Myschoolbucks.com

- Pay for school meals anytime, anywhere from your computer or smartphone.
- Schedule recurring payments
- Check meal account balances
- View purchases
- Set up low balance email reminders



USDA is an equal opportunity provider and employer.

August Meals (Monthly Totals)

Breakfast	Full Price	Lunch
\$19.50		\$35.75
\$3.90	Reduced Price	\$5.20
Extra items sold - Milk and water		\$0.50

FOOD ALLERGIES



Federal and State regulations require a completed and current diet prescription form for any type of change or substitution to a student's diet. The special diet prescription form will need to be completed by your child's physician or medical authority. We **will not** process a special diet request for your child until we receive the 2018 – 2019 School Year form.

The form is located in the front office of each school campus and online at www.isl-edu.org/Menu.

****NOTE**** If a student cannot have fluid milk as a result of a medical diagnosis, the Physician must prescribe the milk substitute on the Diet Prescription Form. ***The following milk substitutions are available: 4 oz juice, bottled water, and lactaid.***

All ISL Campuses

Offer vs. Serve

ALL ISL Campuses participate in Offer vs. Serve for breakfast and lunch. Students are encouraged to take all items offered, but with Offer vs. Serve, students must take a minimum of 3 items which must include ½ cup of fruit or vegetable.

OFFER VS. SERVE (BREAKFAST)

CHOOSE AT LEAST 3 ITEMS



GRAINS



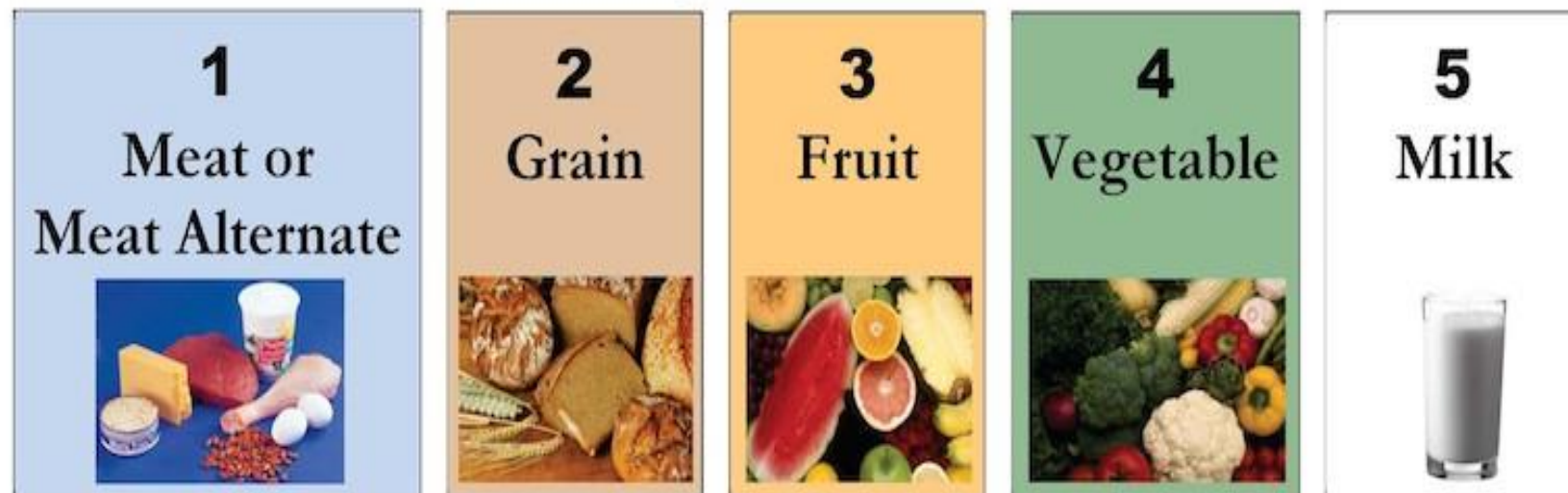
MILK



Fruits and Vegetables

MUST TAKE ½ CUP FRUIT OR VEGETABLE

The **5 Meal Components** for School Lunch



You choose **at least 3** including

- $\frac{1}{2}$ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**